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Healthy Recipes

Makes 6 servings.

1 drumstick, 1 thigh,
and $\frac{3}{4}$ cup of
vegetables per serving.

Prep time: 15 minutes

Cook time: 45 to 55
minutes

Nutrition information per serving:

Calories:	239
Carbohydrate:	11 g
Dietary Fiber:	4 g
Protein:	31 g
Total Fat:	8 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	92 mg
Sodium:	388 mg

Chicken and Vegetables with Mole Sauce

INGREDIENTS

	nonstick cooking spray
6	each skinless drumsticks and thighs
3	dried ancho chilies, seeds removed and torn into pieces
$2\frac{1}{4}$	cups low-sodium chicken broth
1	medium onion, peeled and chopped
$1\frac{1}{2}$	cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
2	teaspoons ground cumin
$\frac{1}{4}$	teaspoon salt



INGREDIENTS continued...

- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- $\frac{3}{4}$ pound fresh trimmed green beans

PREPARATION

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

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Healthy Recipes

Makes 8 servings.

2 cups per serving.

Prep time: 20 minutes
(excludes soaking time)

Cook time: 3 hours

Nutrition information per serving:

Calories:	346
Carbohydrate:	50 g
Dietary Fiber:	16 g
Protein:	22 g
Total Fat:	9 g
Saturated Fat:	3 g
Trans Fat:	0 g
Cholesterol:	19 mg
Sodium:	455 mg

Hearty Bean and Vegetable Soup

INGREDIENTS

$\frac{1}{2}$	cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
8	cups water
1	smoked ham hock (about $\frac{1}{2}$ pound)
1	teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
$\frac{1}{2}$	teaspoon each salt and ground black pepper
1	bay leaf
1	cup chopped onion
$\frac{1}{2}$	cup chopped carrots



INGREDIENTS continued...

- $\frac{1}{2}$ cup chopped celery
- 2 (14 $\frac{1}{2}$ -ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

PREPARATION

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

SERVING SUGGESTIONS

Add chili peppers and/or bell peppers to the soup for more color, flavor, and vegetable servings.

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